



WHAT'S HAPPENING AT THE ELKRIDGE 50+ CENTER

Special September Events	2
Special October Events.....	3
On-Going Events.....	4
Lunch Menu	5

Staff

Jeanne Slater, Director
(Presently on leave)

Kathy Wehr, Acting Director
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ELKRIDGE 50+ CENTER

6540 Washington Boulevard
ElkrIDGE, MD 21075

Join Us
Monday through Friday
8:30 am to 4:30 pm

November & December 2015



Fall has arrived, and so has the Holiday Season...

We hope you are enjoying the falling leaves and the slight nip in the air. ElkrIDGE has a lot going on in November and December. Great meals, health and history related presentations, cookie swapping, gift exchanging and more...

Jeanne continues to send her best to all the members who have been asking about her and her son. Jeanne is still in Colorado with Walter, as he makes daily progress in the rehabilitation hospital. We hope to see her back in the near future.

The architects are working hard on ideas for the new ElkrIDGE 50+ Center. Watch for notice of a public meeting where the architects will share information.

Kathy Wehr

Closing Dates: The 50+ Center will be closed on
November 11th for Veterans Day,
November 26th and 27th for Thanksgiving Holiday, De-
cember 25th for Christmas Holiday and
January 1st for New Years Day.

On November 2nd the center opens at 1:00pm

SPECIAL EVENTS & NEW PROGRAMS

November



"Aromatherapy and Emotions"

Thursday, November 12th
10:30-12:00

Andrienne Hausman will present on how aromatherapy and essential oils can help with emotions. You will learn the many benefits of essential oils and how to safely use them.

Please call 410-313-4930 to sign-up.



Living Healthy with High Blood Pressure

Thursday, November 5th
10:00 to 12:30 — Fee: \$5.00

An interactive workshop.

Topics covered include:

What is High Blood Pressure, Problems with Salt/Sodium Intake, Home Monitoring Tips, Where's the Salt, Knowing Your Numbers

Stop by the center to register, or call 410-313-4930

"Ask Dr. Dan"

Attitude & Motivation: Keys to Happiness

Wednesday, November 18th
11:00-12:00

Dr. Storch discusses the connection between emotional well-being and overall health in a casual, interactive program. Participation is very welcomed.

To register for this free event call 410-313-4930.

Medicare Part D Review & Enrollment

November 17th 1:00 - 4:00

The open enrollment period for 2016 Medicare Prescription Drug Coverage (Medicare Part D) begins October 15, 2015 and ends December 7, 2015. Bring your Medicare card and a list of your prescription drugs (or medication bottles, tubes, etc.) and meet with a SHIP Counselor for a free, confidential and unbiased review of the 2016 plans. If you choose to change plans, you can receive help with enrolling in the new plan. **By appointment. For questions or to schedule an appointment, call 410-313-7392. No fee.**



Thanksgiving Lunch
Friday, November 13th
12:00-1:30

Come Enjoy a traditional home-cooked Thanksgiving meal around the table with friends...

Roasted turkey with gravy, stuffing, mashed potatoes, green beans, cranberry, dinner roll and pumpkin pie.

Please sign-up at the center, or call 410-313-4930.

FAMOUS HISTORIC FIGURES OF THE PATAPSCO VALLEY

Thursday, November 12th—12:30 -1:30



Caleb Dorsey - Robert Mills - Captain John Smith - John M. Glenn - Sarah Nicholas Randolph - President Thomas Jefferson - Fred Besley - Benjamin Banneker - Victor Bloede - Phineas Davis - Charles Carroll of Carrollton - Ross Winans - Benjamin Latrobe II - Linda Van Wagoner Wilkens - Peter Cooper - The Ellicott Brothers

Register at 410-313-4930.

SPECIAL EVENTS & NEW PROGRAMS

December



Tea and Cookie Swap

Come join us for a good
Old-fashioned
Social Tea and Holiday
Cookie Exchange

Wednesday, December 9th
10:00am-12:00pm
Refreshments will be served...

Please call 410-313-4930
for a reservation.



"LET'S DISH"

Thursday, December 17th
11:00-12:00



Warm Winter Soups

Enjoy cooking with Kathy, as
she shows us two recipes for
soup for a cold winter day.

Register at the center, or call 410-313-4930.

Recreation and Parks Presents

Holiday Bingo!!!



Monday, December 14th
11:00am-12:00pm
Prizes and Refreshments
will be served.

Sign-up at the center or call 410-313-4930
for a reservation.



Friday, December 18th

11:00am-1:30pm

A catered lunch will be
served at 12:00

Holiday gift exchange will start after lunch. Keep
it or give it away. You never know what you will
go home with...

Call 410-313-4930 for details, and or to make a
reservation.

PANCAKE BREAKFAST

Wednesday,
December 16th
9:30am-11:00am



Followed by Wii Bowling with Recreation and Parks

Please Sign-up at the Elkridge 50+ Center
or call 410-313-4930 to make a reservation.

By Donation

HAPPY NEW YEAR!!!



ONGOING PROGRAMS

Mondays:

9:00am—10:00am: Walking Club (meet in parking lot)

10:30-11:30am: BGE Presentation (November 16th)

11:30-12:30pm: Police Liaison Office Andre Lingham (November 16th)

11:00am—2:00pm: Bingo (November 9th & 23rd and December 7th)

Tuesdays:

9:00am—10:00am: *Age Well* Exercise

10:00am—12:00pm: Coffee chat

11:00—12:00pm: Basic Knitting/Crochet Class

12:00-2:00pm: History of the Bible

11:00am—12:00pm: Brain Fitness (November 3rd & 17th and December 15th)

12:30pm—1:30pm: Book Club (November 10th and December 8th)

2:00pm—3:00pm—Chair Yoga

Wednesdays:

9:00am—10:00am: Walking Club (meet in front parking lot)

9:00am—12:00pm: Pancake Breakfast (November 18th and December 16th)

10:30-12:00pm—iPad and iPhone Class (November 4th)

10:00am—11:30am: Wii Fitness—Bowling (December 16th)

2:00pm—3:30pm: Line Dance

After 11am FREE bread and pastries are available.

Thursdays:

9:00am—10:00am: *Age Well* Exercise

10:00am—12:00pm: Nutrition Education & Counseling (November 19th)

10:00am—12:00pm: Coffee Chat

1:30pm—3:00pm: Easy Jewelry Class (November 5th and December 3rd)

Fridays:

9:00am—10:00am: Walking Club (meet in parking lot)

Americans with Disabilities Act Accommodations

If you need accommodations to attend Elkridge 50+ Center events/programs or if you need this document in an alternate format, please contact the Center at 410-313-4930 or 410-313-5192. People with a hearing or speech disability may contact us through Maryland Relay by calling 711.

Join Us For Lunch!

Elkridge 50+ Center offers meals to anyone 60 years and older, as well as their spouses, regardless of age. Voluntary, anonymous contributions are requested from eligible program participants. Reservations must be made one week in advance. People who do not make reservations are not guaranteed a meal.

Participant contributions are used to offset the meal cost, increase the number of meals served, and to provide supportive services directly related to the nutrition program, such as nutrition screenings and education. The cost of the regular meal is \$4.10 and \$5.39 for special meals. Participants are requested to contribute as generously as they can to ensure the viability of this important program.

In our efforts to avoid food wastage, please be advised that if we do not have at least 10 reserved lunches on the days we are offering lunch, we will have to cancel lunch for that day. Please sign up in advance and enjoy a great lunch with some of your Elkridge friends.

November, 2015

Tuesday, November 3rd— Super Special Lunch—Pineapple Juice, Teriyaki Beef with Broccoli, Rice, Whole Baby Carrots, Rye Bread, Mandarin Oranges, Fortune Cookie

Monday, November 9th— Super Special Lunch—Cranberry Salsa, Roasted Pork Loin, Mashed Potatoes, Sauerkraut, Green Beans, Biscuit, Apple Crisp

Tuesday, November 10th—Juice, Old Fashioned Pot Roast with Gravy, Potatoes, Carrots, Cornbread, Hot Spiced Apples

Friday, November 13th—Thanksgiving Lunch – Roasted Turkey, Gravy, Stuffing, Mashed Potatoes, Green Beans, Cranberry, Dinner Roll and Pumpkin Pie

Monday, November 16th—Super Box Lunch—Cranberry Juice, Chunky Turkey Salad, Croissant, Vegetable Orzo Salad, Marinated Cucumbers and Tomato, Ambrosia

Tuesday, November 17th—Super Special Lunch—Great Northern Bean Soup, Coleslaw, Fried Chicken Quarter, Red Bliss Potatoes, Green Beans, Biscuit and Apple Crisp

Wednesday, November 18th—Pancake Breakfast from 9:30am-11:00am

Thursday, November 19th— Super Special Lunch—Cranberry Sauce, Roasted Turkey, Stuffing, Creamy Potatoes, Green Beans, Split Top Dinner Rolls, Pumpkin Pie

Monday, November 23rd—Super Special Lunch—Signature Salad Greens, Meat Lovers Lasagna, Broccoli, Italian Green Beans, Garlic Bread, Cheesecake Cup

Tuesday, November 24th—Super Deli Lunch—Tuna, Marinated Cucumbers and Tomatoes, Kaiser Roll, Sliced Peaches, Pineapple Juice, Hearty Bean and Ham Soup

**Milk is included with all lunches.*